



ADMORE
BEHAVIORAL THERAPY
CARE WHERE YOU ARE

COMMUNITY MENTAL HEALTH • TEXAS

MENTAL HEALTH AWARENESS BINGO

Small steps. Big impact. Let's care for our minds and each other. ♥

CARE WHERE YOU ARE

 Got enough rest	 Wrote down something I'm grateful for	 Practiced mindfulness	 Asked for help when needed	 Practiced deep breathing
 Complimented someone	 Learned something new about wellness	 Did something kind for myself	 Learned about mental health resources	 Went for a walk or moved my body
 Celebrated a small win	 Set a healthy boundary	 FREE SPACE Mental Health Matters CARE WHERE YOU ARE	 Did an activity that brings me joy	 Spent time with someone I care about
 Checked in on a friend	 Listened without judgment	 Talked about mental health	 Took a break when I needed one	 Supported someone else
 Learned a coping skill	 Identified a feeling I had today	 Made time for self-care	 Shared a positive message	 Took time away from screens

♥ YOU MATTER

Let's keep showing up for our mental well-being.

HOW TO PLAY

- Complete the activities in each square
- Get 5 in a row (horizontal, vertical, or diagonal)
- Encourage conversations about mental wellness

NEED SUPPORT?

We're here for you. ♥

1-855-923-6673



♥ CARE WHERE YOU ARE ♥

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